HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (HETL09900).
- The NAME of the product (HealthRider® SOFTSTRIDER S300i™ treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the replacement part(s) (see the PART LIST on pages 26 and 27 and the EXPLODED DRAWING attached in the centre of this manual).

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Part No. 164854 R0800A

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HC Fitness Class Product

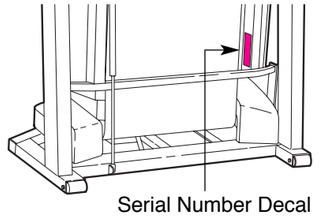
HEALTHRIDER®

SOFTSTRIDER S300i

USER'S MANUAL

Model No. HETL09900
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

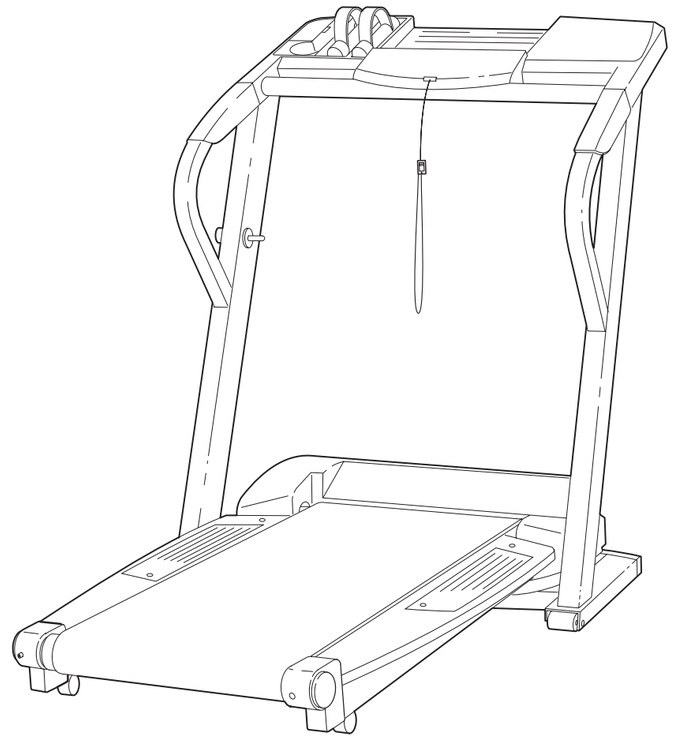
Please CALL:

0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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new products, prizes, fitness tips, and much more!

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Note: An EXPLODED DRAWING is attached in the centre of this manual. Please save the EXPLODED DRAWING for future reference.

Key No.	Qty.	Description
101	1	12” Audio Wire
102	1	Latch Warning Decal
103	1	Upright
104	1	Shock
105	2	Lift Frame Spacer
106	3	Nylon Washer
107	1	Ground Screw
108	1	Ground Washer
109	1	Ground Nut
110	1	Motor Pivot Bushing
111	2	Endcap Insert
112	1	Motor Pivot Spacer
113	1	Filter
114	1	Splitter
115	1	Power Cord Set
#	1	8” Green Wire, 2 Ring
#	1	4” Green Wire, F/Ring
#	1	4” Black Wire, 2 Female
#	1	8” Black Wire, 2 Ring
#	1	10” Blue Wire, 2F
#	3	10’ White WIre, 2F
#	1	4” Blue Wire, 2F
#	1	7” Green Wire, M/R
#	1	4” Black Wire, M/F
#	2	8” Green Wire, F/Ring
#	1	User's Manual

*Includes all parts shown in the box.

#These parts are not illustrated

Specifications are subject to change without notice.

PART LIST—Model No. HETL09900

R0800A

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the centre of this manual.

Key No.	Qty.	Description
1	1	Motor Hood
2	5	Hood Screw
3	6	Platform Screw
4	7	Platform Washer
5	1	Latch Catch
6	6	Latch Catch Screw/Hand Grip Screw
7	4	Isolator
8	2	Power Bracket Washer
9	2	Belt Guide
10	2	Frame Pivot Bolt
11	1	Front Roller/Pulley
12	2	Incline Motor Spacer
13	2	Incline Motor Bolt
14	2	Incline Motor Nut
15	1	Incline Motor
16	1	Front Roller Adj. Nut
17	1	Pulse Mounting Plate
18	1	Front Roller Adj. Bolt
19	2	Side Hood Tab
20	16	Hood Tab Screw/Reed Switch Screw
21	2	Wheel Spacer
22	1	Front Hood Tab
23	1	Reed Switch Clip
24	1	Motor
25	1	2-lb. Hand Weight
26	1	Reed Switch
27	1	Motor Belt
28	1	Pulley/Flywheel/Fan
29	1	Motor Tension Bolt
30	2	Motor Tension Washer
31	1	Motor Star Washer
32	1	Motor Tension Nut
33	1	Motor Pivot Bolt
34*	1	Motor/Pulley/Flywheel/Fan
35	16	Screw
36	1	Choke
37	1	Choke Plate
38	1	Circuit Breaker
39	1	On/Off Switch
40	1	Receptacle
41	1	1” Grommet
42	1	Outlet Bracket
43	1	Controller
44	1	Power Supply w/clips
45	4	Plastic Stand-Off
46	1	Electronics Bracket
47	1	Belly Pan
48	1	Upright Wire Harness
49	1	Right Foot Grip
50	1	Walking Belt
51	1	Frame
52	2	Rear Wheel
53	2	Rear Wheel Bolt
54	2	Rear Roller Guard
55	2	Rear Wheel Nut
56	1	Rear Roller
57	1	Right Endcap
58	2	Rear Roller Adj. Washer
59	2	Rear Roller Adj.Bolt
60	1	Left Endcap
61	1	Allen Wrench
62	1	Walking Platform
63	2	Handrail Grip
64	1	Stop Bracket
65	2	Crossbar Bolt
66	2	Crossbar Washer
67	1	Lock Knob
68	1	Lock Knob Sleeve
69	1	Lock Spring
70	1	Lock Pin Collar
71	1	Pin Clip
72	1	Lock Pin
73	1	Crossbar
74	3	Console Base Screw
75	1	Console Base Cover
76	8	Cover Screw
77	1	Pulse Sensor Cover
78	2	Sensor Cover Screw
79	1	Key/Clip
80	1	Console Base
81	1	Book Holder Lens
82	1	Console
83	1	Lift Frame
84	3	Releasable Tie
85	1	Magnet
86	2	Cable Tie
87	1	8” Power Wire
88	5	8” Cable Tie
89	1	Jack
90	1	10’ iFIT.com Wire
91	2	Lift Frame Bolt
92	4	Walk Board Spacer
93	5	Lift Frame Nut/Wheel Nut
94	5	Base Pad
95	1	Left Foot Grip
96	2	Upright Base Cap
97	2	Static Warning Decal
98	2	Wheel Bolt
99	2	Base Wheel
100	2	Wheel Insert

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **When choosing a location for the treadmill, make sure that the location and position permit access to a plug.**
5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
7. **Keep children under the age of 12 and pets away from the treadmill at all times.**
8. **The treadmill should not be used by persons weighing more than 250 pounds (115 kgs). Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**
10. **When connecting the power cord (see page 7), plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14 gauge) cord that is no longer than 1.5 meters (5 feet).**
12. **Keep the power cord and the surge protector away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**
14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **Do not use the hand weights at speeds higher than a walk. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using hand weights should be attempted only by experienced users.**
17. **Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **Inspect and tighten all parts of the treadmill every three months.**
21. **Never drop or insert any object into any opening.**

22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

23. **When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

24. **When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

25. **Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.**

26. **The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the decal in the location shown. Note: The large decal is shown at 38% of actual size.

⚠WARNING
• Keep hands and feet clear of this area while operating or folding treadmill.
⚠WARNING: Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

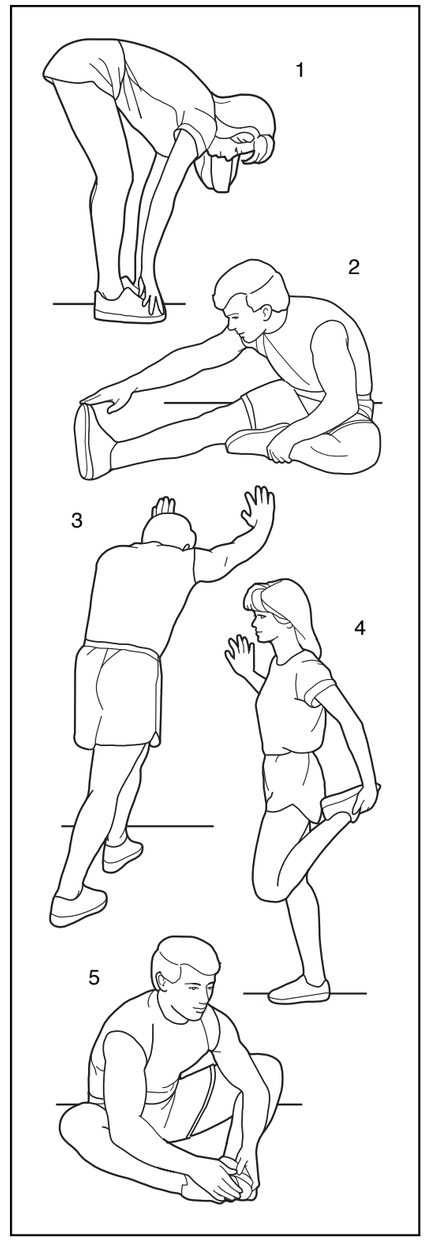
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Exercise Frequency

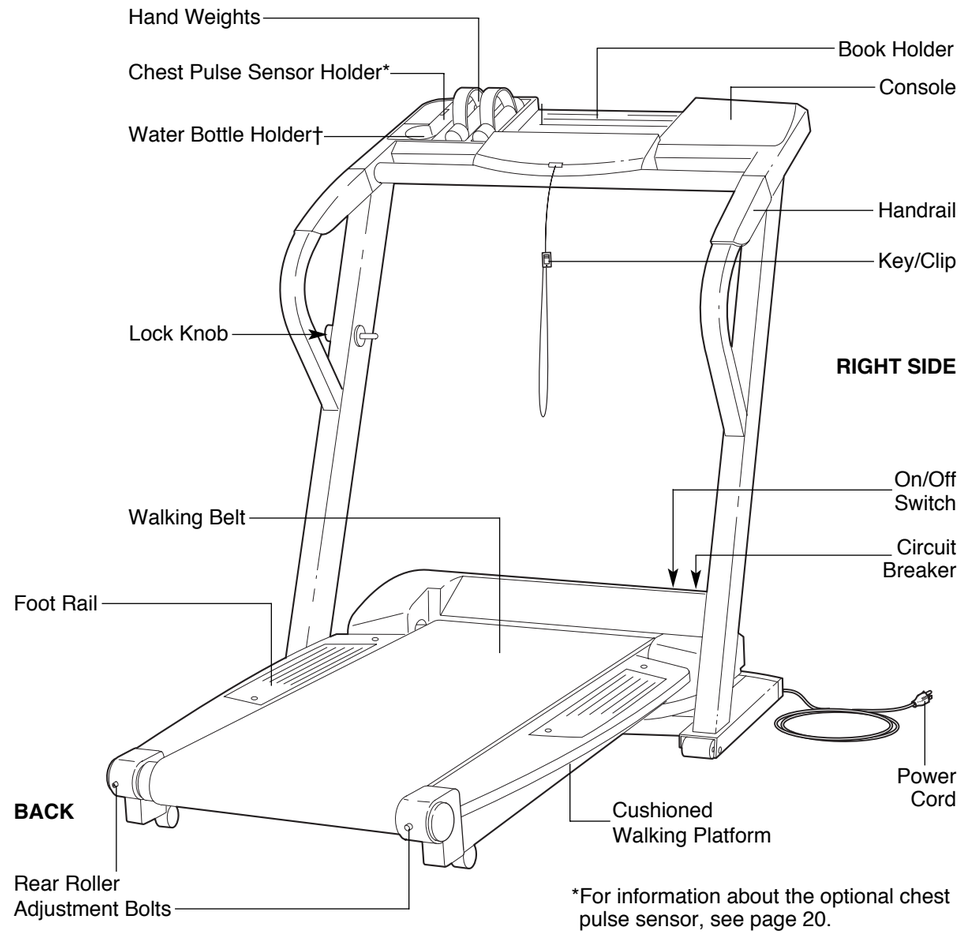
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

BEFORE YOU BEGIN

Congratulations for purchasing the SOFTSTRIDER S300i™ treadmill by HealthRider®. The SOFTSTRIDER S300i offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking belt, the SOFTSTRIDER S300i is designed to make each workout more effective and enjoyable. And when you're not exercising, the SOFTSTRIDER S300i can be folded away, taking less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before using the SOFTSTRIDER S300i treadmill. If you have additional questions, please call our our Customer Service Department at **0345-089009**.To help us assist you, please note the product model number and serial number before calling. The model number is HETL09900. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



*For information about the optional chest pulse sensor, see page 20.

†Water bottle is not included.

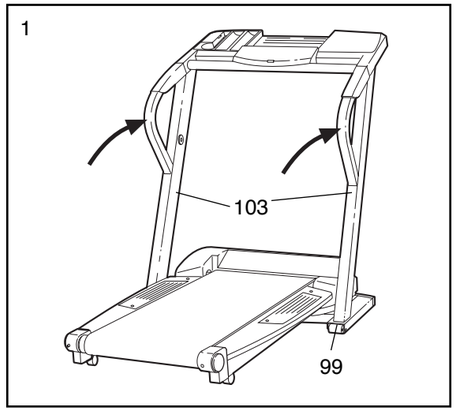
ASSEMBLY

Assembly requires two people. Place the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until the treadmill is assembled. **No tools are required.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt, the sides of the walking platform, or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt or on the sides of the walking platform, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

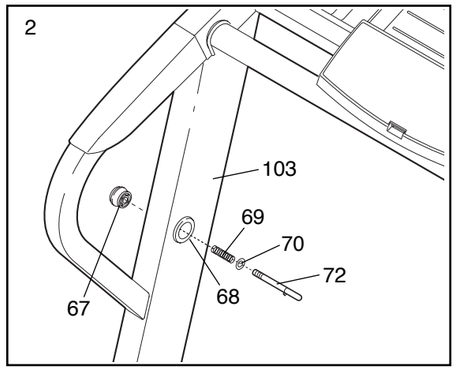
If you have additional questions, please call our our Customer Service Department at **0345-089009**.

1. **With the help of a second person,** carefully raise the Uprights (103) until the Base Wheels (99) are resting on the floor as shown.



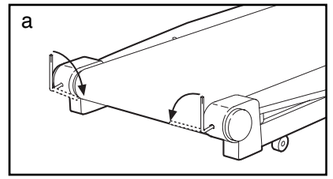
2. Next, make sure that the Lock Knob Sleeve (68) is fully inserted into the left Upright (103).

   Remove the Lock Knob (67) from the Lock Pin (72). Make sure that the Lock Pin Collar (70) and the Lock Spring (69) are on the Lock Pin. Insert the Lock Pin into the left Upright (103) and tighten the Lock Knob onto it.

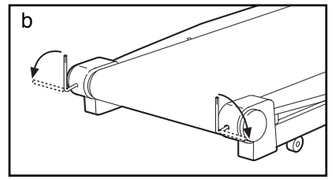


3. **Make sure that all parts are tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor or carpet.** For your benefit, we recommend that you familiarise yourself with the TROUBLE-SHOOTING AND MAINTENANCE section on pages 22 and 23.

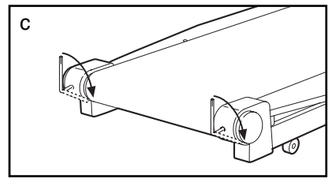
PROBLEM	SOLUTION
4. The walking belt is off-centre or slips when walked on	a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counter-clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt has shifted to the right,** first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

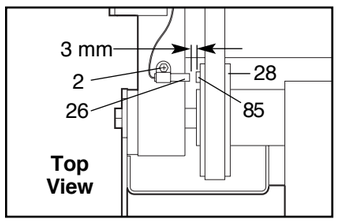


c. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift **the edges** of the walking belt 7 to 10 cm off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



5. The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (26) and the Magnet (85) on the left side of the Pulley (28). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm.** If necessary, loosen the Reed Switch Screw (2) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



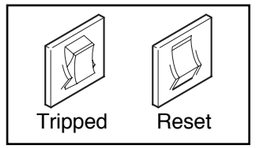
6. Bubbles form in the walking belt

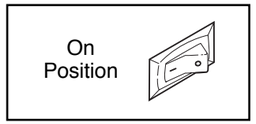
a. Due to variations in humidity and temperature, there is a possibility that bubbles may form in the walking belt. Although the bubbles will disappear with time, you may unplug the power cord, carefully insert a needle into the bubbles, and push the air out of the bubbles.

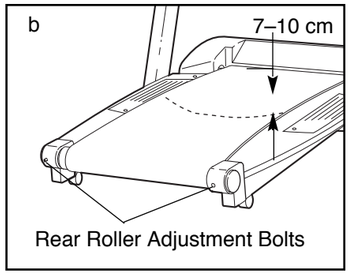
TROUBLE-SHOOTING AND MAINTENANCE

Most treadmill problems can be solved by following the instructions below.f further assistance is needed, please call our Customer Service Department at 0345-089009.

PROBLEM	SOLUTION
1. The power does not turn on	a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm²) cord that is no longer than 1.5 meters (5 feet). Important: The treadmill is not compatible with GFCI-equipped outlets. ` b. Make sure that the key is fully inserted into the console. c. Check the circuit breaker located on the frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in. d. Check the on/off switch located on the frame near the power cord. The switch must be in the on position.
2. The power turns off during use	a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in. b. Make sure that the power cord is plugged in. c. Remove the key from the console and then reinsert it. d. Make sure that the on/off switch is in the on position (see 1. d. above).
3. The walking belt slows when walked on	a. Make sure that only an appropriate surge protector is used (see 1. a. above). b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift **the edges** of the walking belt 7 to 10 cm off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.







OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

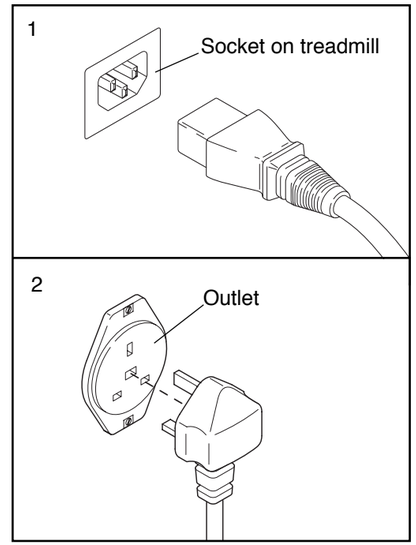
Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

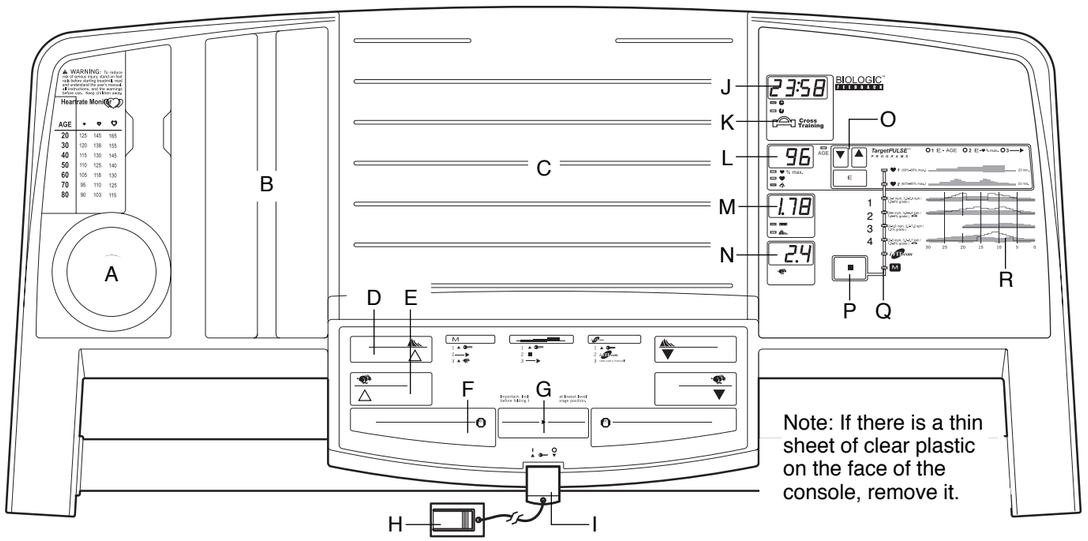
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.





FEATURES OF THE CONSOLE

The treadmill console offers an impressive selection of features to help you get the most from your exercise.

When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the four displays will show your workout time, the number of calories you have burned, the distance you have walked, the incline level of the treadmill, and the speed of the walking belt. If you purchase an optional handgrip pulse sensor or chest pulse sensor, the console will also show your heart rate.

The console also offers four preset workout programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The included hand weights can be used for upper body exercise as well. If you purchase the optional chest pulse sensor, the console's two pulse programs can also be used. Each program controls the speed and incline of the treadmill to keep your heart rate within a preset range during your workouts.

The console also features advanced iFIT.com technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our new internet site at www.iFIT.com and access basic programs that interactively control the speed and incline of your treadmill to help you achieve your specific exercise goals. Or, use iFIT.com audio and video programs directly from our internet site. Visit www.iFIT.com for complete details.

To purchase iFIT.com CD's, iFIT.com videocassettes, call 0345-089009. For information about the optional handgrip pulse sensor or chest pulse sensor, see page 20.

To use the manual mode of the console, follow the steps beginning on page 10. **To use a preset program,** see page 12. **To use a pulse program**, see page 13. **To use iFIT.com CD or video programs**, see page 17. **To use iFIT.com programs directly from our internet site**, see page 19.

HOW TO FOLD AND MOVE THE TREADMILL

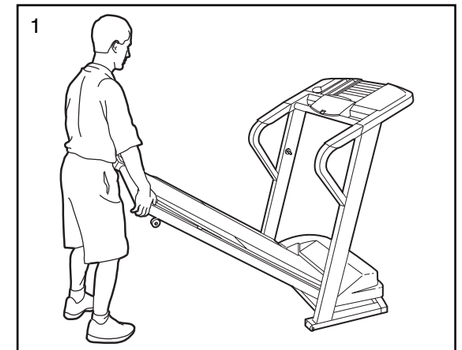
HOW TO FOLD THE TREADMILL FOR STORAGE

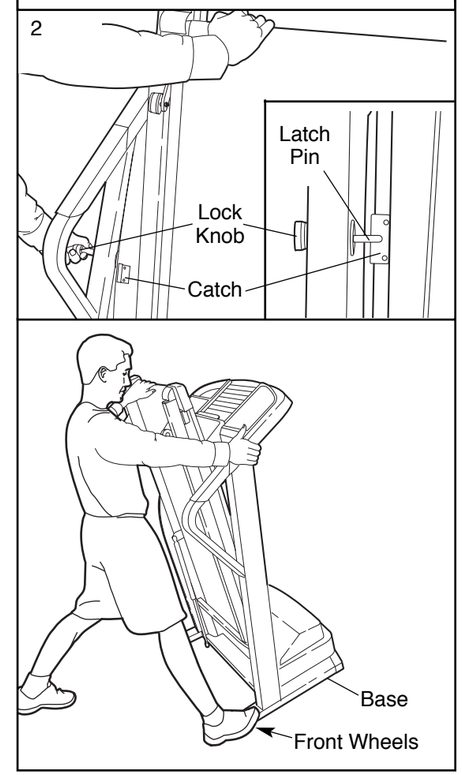
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the treadmill until all parts of the treadmill are past the latch pin. Release the lock knob. **Make sure that the lock knob is fully released so the latch pin is securely holding the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius.





HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is securely holding the catch.**

1. Hold the handrails and place one foot on the base.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until all parts of the treadmill are past the pin. Slowly release the lock knob.

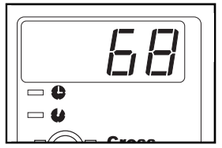
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

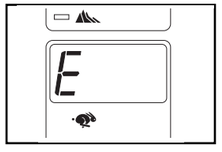
To select the information mode, hold down one of the Stop buttons whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

The Time/Segment Time display will show the total number of hours that the treadmill has been used.

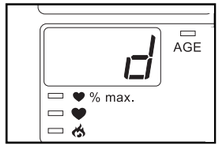


The Distance/Incline display will show the total number of miles that the walking belt has moved.

An “E,” for English miles, or an “M,” for metric kilometres, will appear in the Speed display. Press the Speed △ button to change the unit of measurement.



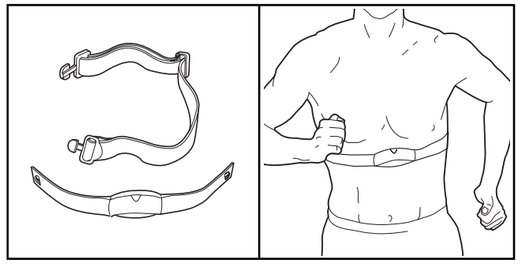
IMPORTANT: The Calories/Pulse display should be blank. If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears in the Calories/Pulse display when the information mode is selected, press the Speed ▽ button so the Calories/Pulse display is blank.**



To exit the information mode, remove the key from the console.

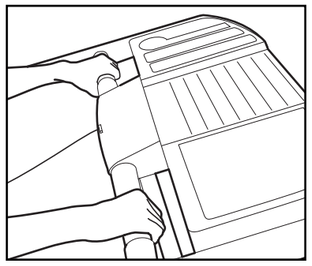
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor continuously monitors your heart rate during your workouts and allows you to use the console’s two pulse programs. **To purchase the optional chest pulse sensor, call 0345-089009.**



THE OPTIONAL HANDGRIP PULSE SENSOR

An optional handgrip pulse sensor allows you to conveniently measure your heart rate before you begin exercising, during your workout, and after you finish. **To purchase the optional handgrip sensor, call 0345-089009.**



⚠WARNING: The chest pulse sensor and the handgrip pulse sensor are not medical devices. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensors are intended only as exercise aids in determining heart rate trends in general.

DESCRIPTION OF THE CONSOLE

Refer to the drawing on page 8 to identify the features described below.

A. Water bottle holder—This holder keeps your water bottle handy during your workouts (no water bottle is included).

B. Hand weight holder—These compartments hold the included hand weights.

C. Book holder—This holder allows you to read a good book or enjoy your favourite magazine whilst you get in shape.

D. Incline buttons—These buttons control the incline of the treadmill. The incline range is 1.5% to 10%.

E. Speed buttons—These buttons control the speed of the walking belt. The speed range is 0.5 mph to 10 mph.

F. Stop buttons—These buttons are used to stop the walking belt. Note: Pressing either button will stop the walking belt.

G. Start button—This button is used to start the walking belt.

H. Waistband clip—This clip is designed to be worn on the waistband of your clothes. If the key is pulled from the console, the walking belt will automatically stop.

I. Key—This key turns the console on and off.

J. Time/Segment Time display—When the manual mode or an iFIT.com program is selected, this display will show the elapsed time. When a preset program or a pulse program is selected, the display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every seven seconds.

K. Cross Training indicator—During the preset programs 2 and 4, this indicator will periodically flash. The included hand weights can be used whilst the indicator is flashing to add upper body exercise to your workouts.

L. Calories/Pulse display—This display shows the approximate number of calories you have burned. When the optional chest pulse sensor is worn, the display will also show your heart rate. The display will alternate between one number and the other every seven seconds. If the optional handgrip pulse sensor is used, the display will show your heart rate continuously whilst your hands are on the pulse sensor.

M. Distance/Incline display—This display shows the distance you have walked and the incline level of the treadmill. The display will alternate between one number and the other every seven seconds. Note: Each time the Incline buttons are pressed, the display will change to show the incline setting.

N. Speed display—This display shows the speed of the walking belt.

O. Enter button and △ and ▽ buttons—These buttons are used to enter your age when pulse programs are used.

P. Select Workout button—This button is used to select the manual mode, the four preset programs, the two pulse programs, and iFIT.com programs. Note: If the walking belt is moving when the Select Workout button is pressed, the walking belt will slow to a stop and the displays will be reset.

Q. Mode indicators—These indicators show whether the manual mode, a preset program, a pulse program, or an iFIT.com program is selected.

R. Program profiles—These profiles show how the target heart rate will change during pulse programs and how the speed and incline of the treadmill will change during preset programs.

Note: The console can display exercise feedback in either miles or kilometres (see SPEED DISPLAY on page 11). For simplicity, all instructions in this section refer to miles.

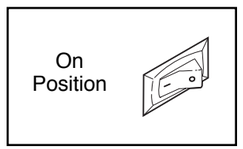
⚠ WARNING: To reduce the risk of serious injury, read the following precautions before operating the console.

- **Do not stand on the walking belt when turning on the power or starting the walking belt.**
- **Always attach the clip (see "H"on page 8) to your waistband when using the treadmill. If the key is pulled from the console, the walking belt will stop.**
- **The treadmill is capable of high speeds. Adjust the speed in small increments.**
- **To reduce the risk of electric shock, keep liquids away from the console and place only a sealed water bottle in the console.**
- **Do not use the hand weights at speeds higher than a walk. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using hand weights should be attempted only by experienced users.**
- **If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate. Note: The pulse programs require an optional chest pulse sensor.**

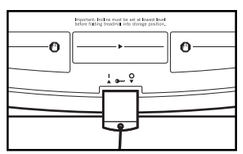
HOW TO TURN ON THE POWER

1 Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 7).

2 Locate the on/off switch on the front of the treadmill near the power cord. Make sure that the on/off switch is in the on position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console. After a moment, the four displays and various indicators will light.



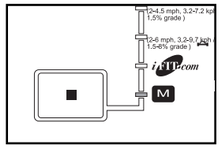
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the M–indicator will light. If a program has been selected, press the Select Workout button repeatedly to select the manual mode.



3 Press the Start button or the Speed △ button to start the walking belt.

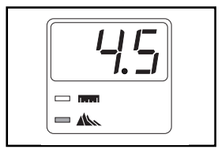
A moment after the button is pressed, the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

As you exercise, adjust the speed of the walking belt as desired by pressing the Speed buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. If one of the buttons is held down, the speed will change in increments of 0.5 mph.

To stop the walking belt, press either of the Stop buttons. The four displays will pause and the Time/Segment Time display will begin to flash. To restart the walking belt, press the Start button or the Speed △ button. To stop the walking belt and reset the displays, press a Stop button, remove the key, and then reinsert the key.

4 Adjust the incline of the treadmill.

To vary the intensity of your exercise, adjust the incline of the treadmill as desired with the Incline buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at www.iFIT.com allows you to access a selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet.

To use programs from our internet site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 16. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

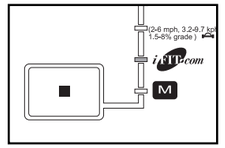
Follow the steps below to use a program from our internet site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the M–indicator will light. To use a program from our internet site, press the Program Select button repeatedly until the iFIT.com indicator lights.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our internet site at www.iFIT.com.

5 Follow the desired links on our internet site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the key onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press a Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another program, press a Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the four displays.

See step 5 on page 11.

9 When the program has ended, remove the key.

See step 6 on page 12.

During the CD or video program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press a Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program**. The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another CD or video program, press a Stop button or remove the key and go to step 1 on page 17.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- **make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. If the Time/Segment Time display is flashing, press the Start button or the Speed △ button on the console.**
- **adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals**
- **make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord**
- **if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 **Follow your progress with the four displays.**

See step 5 on page 11.

6 **When the program is completed, remove the key.**

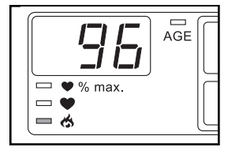
See step 6 on page 12.

CAUTION: Always remove iFIT.com CD’s and videocassettes from your CD player or VCR when you are finished using them.

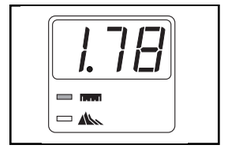
5 **Follow your progress with the four displays.**

Time/Segment Time display—When the manual mode or an iFIT.com program is selected, this display will show the elapsed time. When a preset program or a pulse program is selected, the display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every seven seconds.

Note: The Cross Training indicator below the display will periodically flash during the preset programs 2 and 4. Whilst the indicator is flashing, the included hand weights can be used for upper body exercise as you walk on the treadmill.



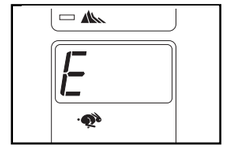
Calories/Pulse display—This display shows the approximate number of calories you have burned. When the optional chest pulse sensor is worn, the display will also show your heart rate. The display will alternate between one number and the other every seven seconds. If the optional handgrip pulse sensor is used, the display will show your heart rate continuously whilst your hands are on the pulse sensor.



Distance/Incline display—This display shows the distance you have walked and the incline level of the treadmill. The display will alternate between one number and the other every seven seconds. Note: Each time the Incline buttons are pressed, the display will change to show the incline setting.

Speed display—This display shows the speed of the walking belt.

Note: The speed can be displayed in either miles per hour (mph) or kilometres per hour (kph). To see which unit of measurement is selected, first hold down one of the Stop buttons whilst inserting the key into the console. The Speed display will show an “E” for English miles or an “M” for metric kilometres. Press the Speed △ button to change the unit of measurement. When the desired unit of measurement is selected, remove and then reinsert the key.



6 **When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails, press one of the Stop buttons, and adjust the incline of the treadmill to the minimum setting. **The incline must be at the minimum setting when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a safe place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 20 and turn off the demo mode.**

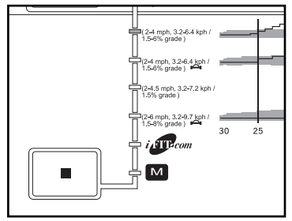
When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE THE PRESET PROGRAMS

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 10.

2 **Select one of the four preset programs.**

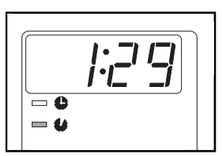


When the key is inserted, the manual mode will be selected and the manual indicator will light. To select one of the preset programs, press the Select Workout button repeatedly until one of the four preset program indicators lights.

The profiles on the console show how the speed and incline of the treadmill will change during the preset programs—the white profiles show speed settings and the green lines show incline settings. The numbers at the left ends of the profiles show the speed and incline ranges for the programs. For example, during the preset program 1, the speed of the walking belt will be from 2 mph to 4 mph and the incline will be from 1.5% to 6%. The Time/Segment Time display will show how long the selected program will last.

3 **Press the Start button or the Speed △ button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.



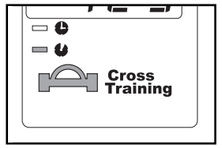
Each program is divided into several time segments of different lengths. The Time/Segment Time display will show both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline setting are programmed for each segment. When only three seconds remain in the first segment of the program, a series of tones will sound and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. **However, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press one of the Stop buttons. All displays will pause and the Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed △ button. To end the program, press a Stop button, remove the key, and then reinsert the key.

4 **Use the hand weights, if desired.**



If you have selected preset program 2 or 4, the Cross Training Indicator in the Time/Segment Time display will periodically flash. Whilst the indicator is flashing, use the included hand weights for upper body exercise as you walk on the treadmill.

5 **Follow your progress with the four displays.**

Refer to step 5 on page 11.

6 **When the program has ended, remove the key.**

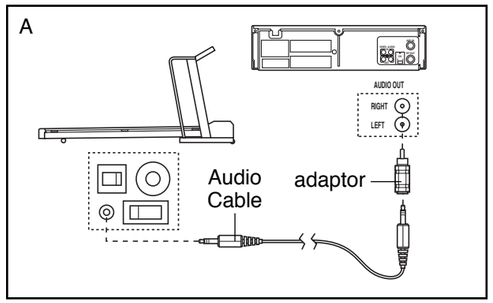
Step onto the foot rails and make sure that the incline of the treadmill is at the minimum setting. **The incline must be at the minimum setting when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a safe place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 20 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

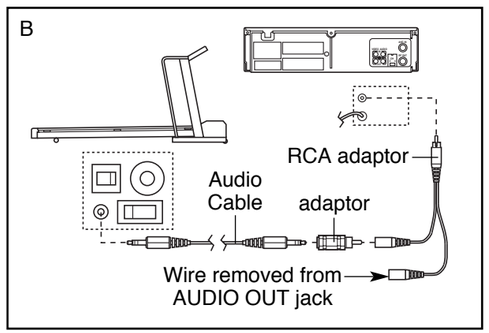
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA adaptor. Plug the RCA adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

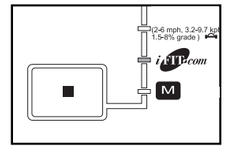
To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: To purchase iFIT.com CD's or iFIT.com videocassettes, call 0345-089009.**

Follow the steps below to use an iFIT.com CD or video program.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 10.

2 **Select the iFIT.com mode.**



When the key is inserted, the manual mode will be selected and the manual indicator will light. To use iFIT.com CD's or videocassettes, press the Select Workout button repeatedly until the iFIT.com indicator lights.

3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

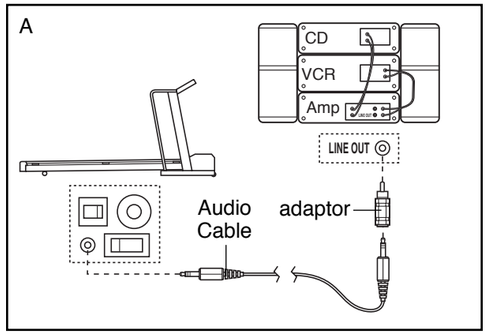
4 **Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Segment Time display is flashing, press the Start button or the Speed △ button on the console. The treadmill will not respond to a CD or video program whilst the Time/Segment Time display is flashing.

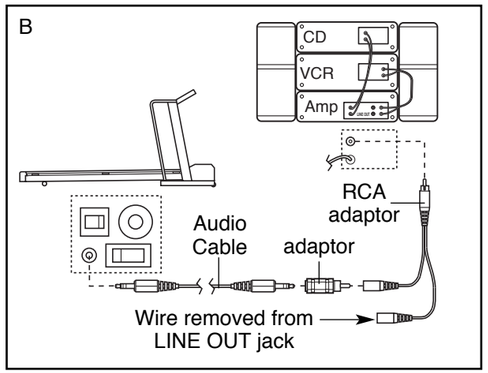
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the LINE OUT jack on your stereo.



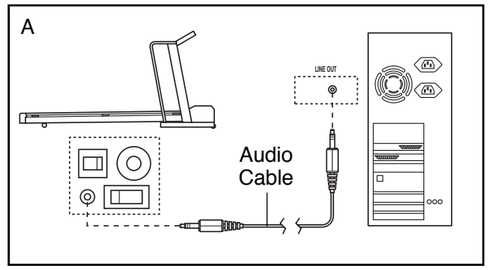
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA adaptor. Plug the RCA adaptor into the LINE OUT jack on your stereo.



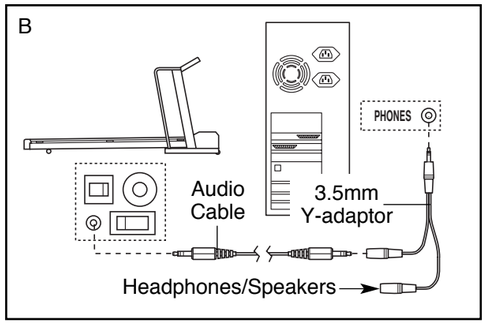
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adaptor.



HOW TO USE THE PULSE PROGRAMS

Note: The pulse programs can be used only when the optional chest pulse sensor is worn. See page 20 for information about the chest pulse sensor.

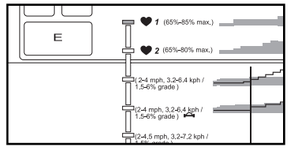
1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

2 Put on the chest pulse sensor.

You must wear the chest pulse sensor in order to use a pulse program. To put on the chest pulse sensor, follow the instructions included with the chest pulse sensor.

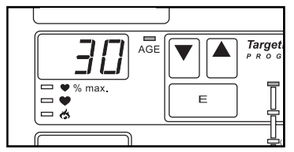
3 Select one of the two pulse programs.



When the key is inserted, the manual mode will be selected and the manual indicator will light. To select one of the pulse programs, press the Select Workout button repeatedly until one of the two pulse program indicators lights.

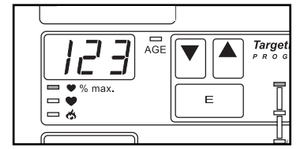
The profiles on the console show how the target heart rate will change during the programs. The Time/Segment Time display will show how long the selected program will last.

4 Enter your age.



When a pulse program is selected, an age setting will begin to flash in the CALORIES/ PULSE display.
If you have already entered your age, simply press the Enter button. To enter your age, press the △ and ▽ buttons. The buttons can be held down to enter your age quickly. When your age is shown, press the Enter button.

5 Enter a maximum heart rate setting.



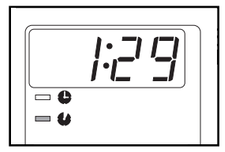
After you have entered your age, another number will begin to flash in the CALORIES/ PULSE display.
This number is the maximum heart rate setting for the program. If Pulse program 1 is selected, the maximum heart rate setting can be from 65% to 85% of your maximum possible heart rate (your maximum possible heart rate is 220 minus your age); if Pulse program 2 is selected, the maximum heart rate setting can be from 65% to 80% of your maximum possible heart rate. Note: Your maximum possible heart rate is an estimate only.

For example, if you are 30 years old, your maximum possible heart rate is 190 (220 minus 30 equals 190). Therefore, if Pulse program 1 is selected, the maximum heart rate setting can be from 123 to 161 (65% of 190 is 123; 85% of 190 is 161).

If you want to change the maximum heart rate setting, press the △ and ▽ buttons. The buttons can be held down to change the setting quickly. When the desired setting is shown, press the Enter button.

6 Press the Start button or the Speed △ button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.



Each program is divided into several time segments of different lengths. The Time/ Segment Time display will show both the time remaining in the program and the time remaining in the current segment. One target heart rate setting is programmed for each segment. When only three seconds remain in the first segment of the program, a series of tones will sound and the next segment will begin. As you exercise, the speed and/or incline of the treadmill will automatically change as needed to keep your heart rate near the current target heart rate setting.

The program will continue until the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

If your heart rate is not detected during the program, the speed and incline of the treadmill may automatically decrease until your heart rate is detected. If this happens, see the instructions included with the chest pulse sensor.

If the speed or incline setting for the current segment is too high or too low, you can adjust the setting with the Speed or Incline buttons. However, if you decrease the speed, the incline will automatically increase; if you increase the speed, the incline will decrease. If you increase the incline, the speed will decrease; if you decrease the incline, the speed will increase. The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment. Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

To stop the program temporarily, press one of the Stop buttons. All displays will pause and the Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed △ button. To end the program, press a Stop button, remove the key, and then reinsert the key.

7 Follow your progress with the four displays.

Refer to step 5 on page 11.

8 When the program has ended, remove the key.

See step 6 on page 12.

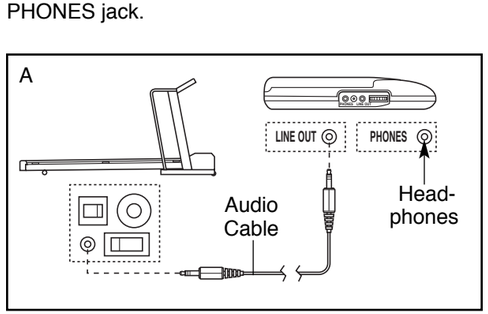
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 and 16 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 16 for connecting instructions.

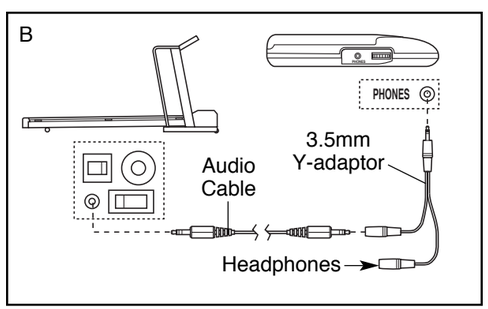
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



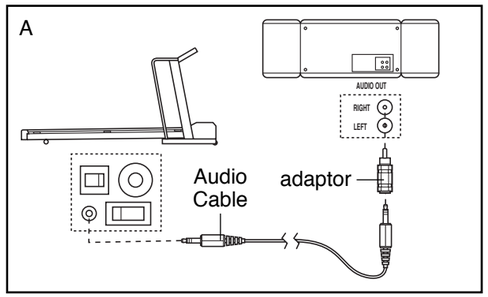
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



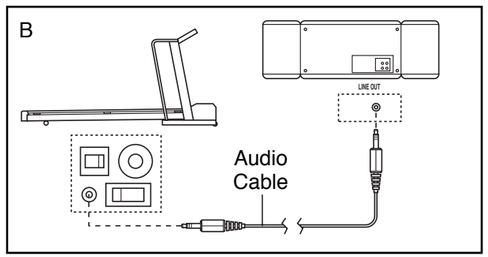
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

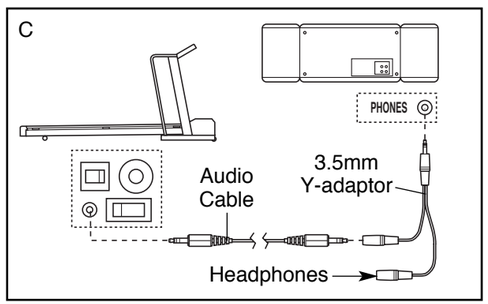
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.

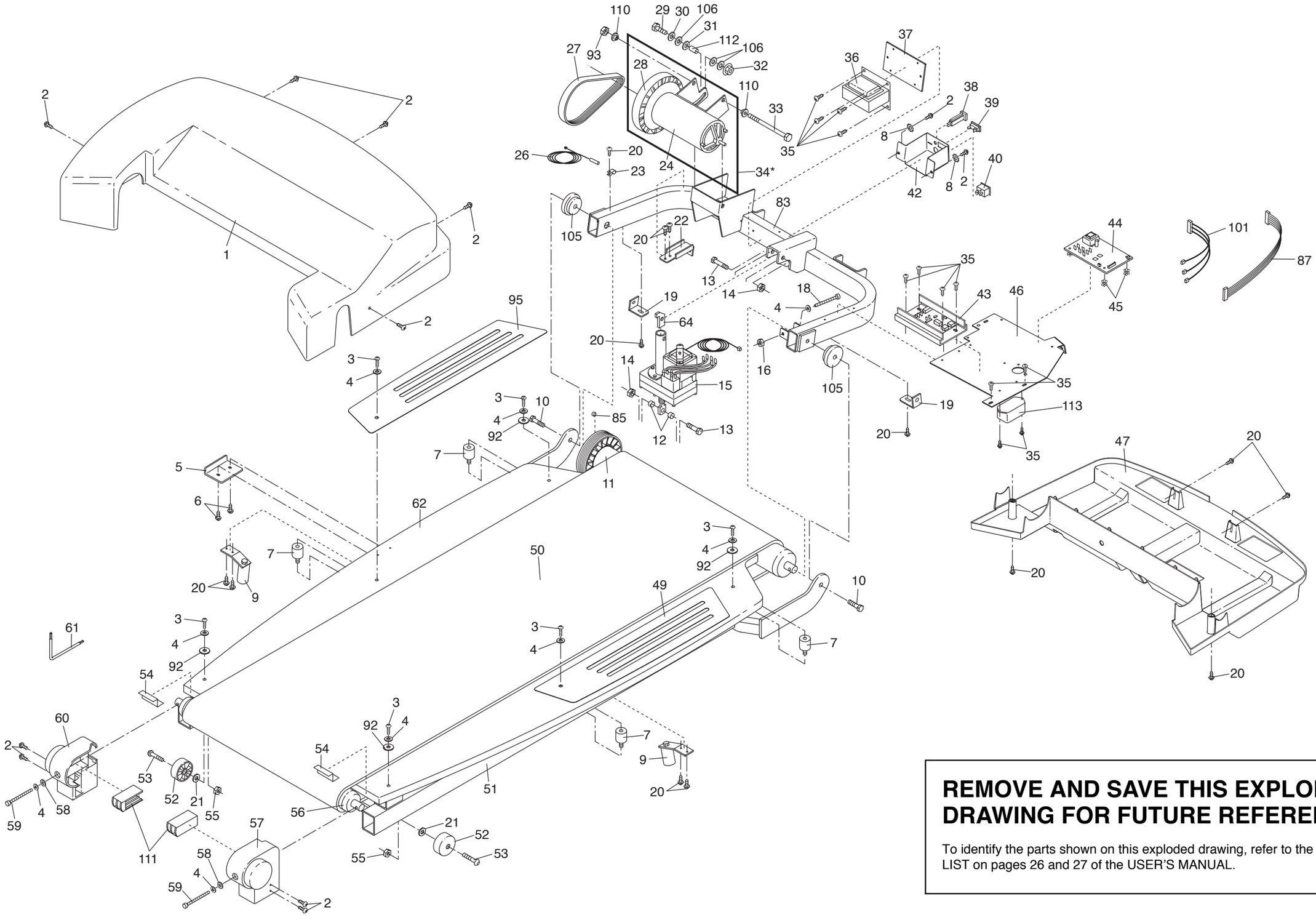


C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



EXPLODED DRAWING—Model No. HETL09900

R0800A



REMOVE AND SAVE THIS EXPLODED DRAWING FOR FUTURE REFERENCE.

To identify the parts shown on this exploded drawing, refer to the PART LIST on pages 26 and 27 of the USER'S MANUAL.

EXPLODED DRAWING—Model No. HETL09900

R0800A